

## Chinese Coleslaw<sup>50</sup>

Number of Servings: 50 (74.36 g per serving)

Amount	Measure	Ingredient
3.00	cup	Vinegar, cider
1/2	cup	Oil, canola
14.00	Tbs	Sugar
5.00	ea	Soup, ramen noodle, chicken flvr, dry pkg
7 1/2	qt	Cabbage, fresh, shredded
1 1/2	cup	Onion, white, fresh, chpd

### Nutrients per serving

Nutrition Facts			
Serving Size (74g)			
Servings Per Container			
Amount Per Serving			
Calories 80		Calories from Fat 30	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	11g		4%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	1g		
Vitamin A 0% • Vitamin C 25%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Combine vinegar, oil sugar and seasoning packet from Ramen Noodles and mix into cabbage. Chill.  
Break Ramen Noodles into small pieces about 1/2 inch in length. Just before serving combine Ramen Noodles with the cabbage. Serve approximately 1/2 cup per serving.  
1 serving = 1/2 c. coleslaw = 1 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.